

 **caliber**

COMPOSITION BOOK

BRAINSTORMING

BOOK ONE

SPRING

2012

3 Subject

Wide Ruled

120 Sheets

9.75 in x 7.5 in
(24.7 x 19 cm)

Brainstorms

Book One

Spring

2012

INVESTIGATING REALITY

This poem was originally written in June, 2009 while out West.
I edited it in March, 2012.

Black Out

The counselor from Wharton Tract Unit -
Satellite of Yardville Prison for Youth under thirty -
Used to try to instruct us on how to
Manage our anger, our tantrums, our Inner Ape

Recognizing inner strength and beauty
Laughing at my animalistic tantrums -
Powerful emotions
The old king baby syndrome

Supposedly we were immature creatures
Who would become frustrated ... when

Our primitive needs were not met :
What Albert Ellis calls Low Frustration Tolerance
What judges and law-enforcement officials call "losing it"
What the sisters call "blacking out"

INVESTIGATING REALITY

As a stomach I make my way
 My animal body muddles through obstacles
 The brain - the entire head - an appendage
 Existing only to assist Me-as-Stomach,
 Me-as-Eater-of-Food

Jean-Jacques Rousseau wrote his Confessions -
 The dirty little details of his personal life
 Living the life of a vagabond
 Finding his way to his foster mother
 Who then becomes his lover

Why should we care about our own
 Personal social expulsion
 When the Visionaries
 Were treated the same way
 By the confederacy of Idunces
 Who were their contemporaries?
 Why care?
 Rousseau lived as an exile!

The price of freedom is Hell.

Lucifer refused to sing praises to an unworthy God.

Lucifer had some kind of angelic imbalance.

An honest angel who was sickened by ass-hickers.

Good story. What does it mean?

What does it mean when most people

Don't understand that myths explain eternal truths?

What happens when they mistaken it

For historical fact?

What happens is that they fail to

Have sympathy for the Devil

They fail to respect eternal truths

When eternal truths

Are staring them in the face!

What we need to escape from -

Other people, coercion, employment, the system -

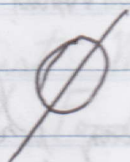
Says a great deal about both ourselves

And our contemporary cultural malaise

How has therapy and the Culture of Confession
Been used to control populations?

How are we hijacked?

Hijacked by parents who tame us, discipline us
Hijacked by "significant others" who consume us
Hijacked by professionals who interrogate us
Hijacked by bosses who pay salaries



4 April 2012 Wednesday

Brainstorm for series of things/situations
we are hijacked by.

Hijacked by those who would attempt to dominate us

Hijacked by homeless buddies, desperate for shelter

Hijacked by the mental health industry

Hijacked by ambulances and police

Hijacked by biological necessity

Hijacked by my computer

Hijacked by my ink pen

Hijacked by the worms



7 April 2012 Saturday

Much singing but not in the mood for writing.
Vision & blurry.



Smoking cigarettes is still cool to me.
So my voice is raspy. I'm Rock n Roll Punk Rocker.
I live IN MUSIC, SONG, POETICS.



10 April 2012 Tuesday

Still not in the mood to write but singing much.



13 April 2012 Friday

Change site name from "Tragicomic Philosophers in Chains" to TRAGICOMICAL Philosophers in Chains.



15 April 2012 Sunday

Yet another "Dancing with the cars Disaster";
I spent the night at the hospital and was
diagnosed as schizophrenic! I had been
accused of hitting cars with a stick.

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Something From notes taken from David Abram's
Becoming Animal back in November 2011
resonates with me so well right now:

"There are those who are not frightened of grief,
dropping deep into the sorrow, they find
therein a necessary elixir to the
numbness. When they encounter one
another, when they press their
foreheads against a centuries old
tree, their eyes well with tears
that fall easily to the ground. The
soil needs this water. Grief is
but a gate, and our tears a kind
of key opening a place of wonder
that's been locked away.
Suddenly we notice the sustaining
resonance between the drumming heart
within our chests and the pulse
rising from under the ground."

(Abram)

In reference to "Psychological Operations" (psyops):

Pressure Through Employers, Landlords, and Others:

FBI records reveal repeated maneuvers to generate pressure on dissidents from their parents, children, spouses, landlords, employers, college administrators, church superiors, welfare agencies, credit bureaus, and the like. Anonymous letters and telephone calls were often used to this end. Confidential official communications were ~~often used to this end~~ effective in bringing to bear the Bureau's immense power and authority.

TR finally returned to his cubby hole. Earlier today I had smashed up the chair that he had been sitting in day after day, the chair he slept in last night. When I asked him what his next move was going to be, he realized what time it was. He asked for a few ham sandwiches, and I obliged. We are on good terms. We communicated well. I have my covey back. Now I can hide again. I am a true hermit.

As far as moving out of Freehold, I may want to stay if the people start to assert themselves while crossing the streets in the walkways. I am not alone in being outraged by the way some drivers operate their vehicles around Downtown Freehold. An older Black gentleman was yelling at motorists in the worst walkway I near "one-way" & Throckmorton Street.

I do not regret purchasing the pint of Brandy after discovering the \$20 bill in my coat pocket. At least I know to get 18 eggs and a little milk. At least I purchased 2 pouches of Bugles.

When I reflect upon the subtle changes in the people's interactions with me, I smile. Is it possible that the people are in total agreement with me as far as our disgust with the traffic? Also, isn't it odd that, while Gray & Reynolds both knew Gary Bo, Reynolds never met Gray?

Notes on The Making of A Poem

Types of Meter is Greek word for measure → METER

3 meters in English
 accentual meter, syllabic meter,
 accentual-syllabic meter

In accentual meter the stresses are counted and the syllables are variable.

In syllabic meter the syllables are counted but the stresses are varied.

In accentual-syllabic meter both accents and syllables are measured and counted.

The accentual-syllabic meter has established its dominance. ~~Both~~ syllables and accents are referred to as "feet". These feet are patterns of stressed and unstressed syllables. The variations, pauses, musical effects, and dissonances within the accentual-syllabic line are where much of the force and power of meter occurs.

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A poetic foot is a measured unit of meter, made up of stressed and unstressed syllables.

The iamb is the most common foot. It is a short stress followed by a long one. An example is about.

A trochee is a less commonly used foot, but it is clear and striking at the start of a line. It is a long stress followed by a short one.
example: That is

A dactyl is a long stress followed by two short ones.
Example: happily

An anapest is two short stresses followed by a long one. Example: in a tree.

A spondee is two long stresses. Example: hum-drum

The only "form" that interests me is OPEN FORM
Is form a fiction? The powerful feelings and
confusions about identity, expression, and subject matter

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have prompted poets of all kinds in this century
to voice their feelings. Feelings are
everything. Descartes was wrong.

Poetic form is a continuum, and not a finished
product.

Ø

A very interesting fact is stated at the start
of the poem "move" by Lucille Clifton:
On May 13th, 1985, Wilson Goode,
Philadelphia's first black mayor, authorized
the bombing of 6221 Osage Avenue, after the
complaints of neighbors, also Black, about
the Afrocentric, back-to-nature group
headquartered there and calling itself Move.

Ø

I finished going through The Making of a Poem
and can return it to library tomorrow
after taking some notes from glossary. My mother's
lack of sense irritates me, and I
love her. I can't imagine her dealing with
rude materialistic mallrats in the workforce.
There has to be an alternative.

iamb

A unit of measure in poetry,
a short syllable followed by a long
e.g., I am.

iambic pentameter

Pentameter is Greek for 5 measures.
This line has 5 measures & 10 syllables.
It is the signature meter in blank verse.

iambic tetrameter

A accentual-syllabic meter
with 8 syllables and 4 stresses to
the line. It is the backbone of the
ballad form.

isometric stanza

A stanza using lines of the
same length.

lyric

An ancient subdivision of poetry.
One of poetry's 3 categories of
(narrative, dramatic)

meter

Measurable patterns associated with verse
composition.

octave The name given to the first 8 line section of the Petrarchan sonnet

stanza Literally "station" or "stopping place".
A structural unit in a poem with a pattern of rhyme and meter that is repeated throughout the poem.

Ø

I want to transcribe a poem inspired by the work of Elich Fromm as it really hits the Enemy hard between the eyes and in the nose. I will leave space for edits.

Industrialized Mental Anguish

early in the twentieth-century
before the psychoanalysis movement
one had to be considered insane
in order to qualify for a psychiatrist's
attention

one had to be suffering
from painful and socially handicapping symptoms

less extreme psychic troubles
were handled by ministers or family doctors
or witch-doctors

mostly one was expected
to handle mental anguish oneself
and to suffer silently

as the field of psychoanalysis developed
industrial man began to rely on psychoanalysts
to help him with the difficulties
of living in the Industrialized World

such analysis was a luxury commodity
reserved for the urban upper & middle classes
psychoanalysis offered a substitute
for religion, politics, and philosophy

As the IW produces ever-increasing
anxiety & loneliness
we find ourselves caught
in the psychological & spiritual mess
of mass industrialized living (dying?)

psychoanalysis opened up the possibility
that one's misery could be alleviated
through professional help

what would come of those whose incomes
were insufficient to pay for
prolonged daily sessions with the analysts?

demands grew for greater efficiency,
"rapidity" and "group activity"

although originally a radical,
penetrating, liberating theory
this I would not be efficient
for mass mental health consumption
so psychoanalysis was McDonaldized
and it degraded into a conformist theory

our contemporary concept of mental health
reeks of the conformist tendency

mental health implies the capacity for love & work
a person filled with hate & destructiveness
and incapable of loving
is said to be unhealthy

but couldn't such a person function well
in a particular kind of society?

is the alienated person
with little love
and little sense of identity
not better adapted to ~~industrial~~ industrial society
than a sensitive, deeply feeling person?

when speaking of health in a sick society,
the concept of health
takes on a second meaning,
a sociological meaning -
as denoting adaptation to the sick society

there is health, in human terms
there is health in social terms

a person may function well in a sick society
precisely because he is sick in human terms

society may find certain personalities desirable
nothing that is so, is so!
from a radical psychoanalytical viewpoint
this does not make these people healthy

how could a theory designed to liberate
be used to promote conformity?

impulses to be free are repressed!
impulses to be fully alive are repressed!
impulses to love are repressed!

if people were to become truly healthy
they would be less capable of fulfilling
their social roles.

when "therapy" puts all the emphasis
on learning to adapt to society,
it ignores the fact that
learning to adapt to a sick society
makes contemporary man
more not less blind

get a job
pay your taxes to the war machine
don't cry for the people of the earth
don't feel too deeply
don't think too much
be a man and earn a paycheck
consume more product

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pay your hospital bills
subdue pay your student loans
split the earth
split that atom
could those bombs
be a good cop
and beat the bums into submission

not only is modern clinical psychology
used to coerce the masses
to adapt to the Machine Age
but it has become
a psychology of the adaptation
of psychoanalysis to mass industrial society
psychoanalysis was to help us explore
the underworld of the unconscious
and yet clinical psychology serves society -
a society that manufactures mental anguish.

in an age of anxiety and mass conformity
conformity is erroneously equated with mental health
and this is a false psychoanalysis!

if psychoanalysis is anything
it is the exploration of
who and what we really are

it was never meant to be used
to manufacture well-adjusted cogs
in the machinery of society

may we be critical of all social arrangements
that dehumanize and warp our humanity



24 April 2012 Tuesday

How can homelessness be criminalized?
Sleeping, eating, urinating, defecating become
problematic. Taking the homeless into one's
domicile, basement, or porch is not a solution.
I do not have the resources or patience to
operate an underground safe house, or soul
kitchen. I am pretty much barely getting
by myself. Besides, when I am left
alone I am more likely to find peace of
mind. I will find that poem I left Fred
in Federal Way. I need this kind of solitude.

2012.04.25

The journey is a metaphor for character development. I talk to myself in public, also to speak to others in the social fabric. I am honored to be dwelling among the diverse "exotics" of Doughton Freehold, along with the local legends who survive along with me.

The resentments against me could be similar to those against the protagonist of Journey to the End of the Night.

Also, in Vonnegut's Player Piano, Paul Proteus faced the collective wrath of the haters, his own wife being one of the major haters.

Ø

I used to say we had to fight for our right to party. Now I say we have to fight for our right to READ. I am actually excited about the TEXTS I am drawn to. I WANT TO BE A BRAINY APE!

The Scribbler → Brainy Ape

Contrast GUNS, GERMS, & STEEL with TVM.
Is one a "male worldview" and the other
a "female worldview"? Am I becoming
evermore whole? Is there a female
life-partner in the horizon, or am I to
be a hermit for life.

If writing helps to lift my spirits, ~~or~~ awaken
my imagination, then this is a humble
way to access a realm that is the
only environment left we have to defend:
OUR MINDS.

Guns, Germs, & Steel → for historical insight
The Vagina Monologues → for emotional/sexual
insight.

Why did I just pull out 2 texts from a
hidden shelf?

STRUCTURED C FOR TECHNOLOGY
& C++ NEURAL NETWORKS & Fuzzy Logic

Because I'm a cool cat Braining Ape, man.

The Scribbler?
Brainy Ape

While pulling the rest of the Computer Science texts from the hidden shelf, the Pearl Jam cd, "TEN", flew out! I listen to EVEN FLOW right now. LG's mind might be buzzing. I wonder what he thinks of my PRESENCE after.

Is Bo a friendly ghost?

Will I study programming without a machine?
What is the significance of pulling CompSci texts out & onto shelf?

If I am among the degraded superfluous masses who the State intends to m-house.

I also want to record excerpts from loose notes I had written in Flame Motel (welfare) back in 2004 after my confrontation with [now Sergeant] Sweetman & The Freshly Bored Police. When will I get to Guns, Steel and Steel? BY JULY or so!!! I leave it on a coffee table in the corner LIKE A HOLY TEST

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[2004] I will also get some closure on gothbusters

[2012] The weather in Freehold today reminds me of mountains upstate New York; CROW HILL. As I wrote this, Mr Elder Brother SUNSHINE comes over the roof of the 6-12 onto my face

[2004] Sometime in October 1998 in Riverdale California, two police officers were killed at the hands of ~~an~~ a disgruntled X-PARK EMPLOYEE who had been discharged from public service unjustly.

He shot at the mayor and killed two cops. What was his name?

[?]

These notes are from 8/29 (August 2004)

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Loose Notes from 2004 (August)

... behold the complexities of reality beyond statistics, beyond the interests of those whose way of life depends on the existence of criminalized elements of society in order to justify the meaningless lives of their more obedient servants.



Do we really need mathematicians and computer scientists to tell the wardens with charts, graphs, and numbers that their prisoners are out of their minds with frustration, alienation, and depression?

As Ehrenfeld says, "Society will pay dearly for its stupidity."

The ironic twist of excessive organization and efficiency is that it is grounded in Pure Reason, which, as any computer scientist realizes, is utterly stupid and unimaginative.

Only a govt would equate reason & rationality with intelligence. Systems that rely on ~~my~~ mechanistic calculations are doomed to collapse since they lack the tenacity required to question fundamental errors in initial assumptions.

Intelligence is beyond reason, and reality will never conform to the maps we impose on it.

Rationality is unable to process contradictions so it ignores them and blindly follows its stupid logic even as it is grounded on false assumptions.

[2012] I cannot rush through these notes from 2004, but will return to them to transcribe herein... later. Now I want to move onto set theory... to the library. Browse poetry even. I may leave my scribbles of (BRAINSTORMS) at domicile and carry book on the theory of computation. For all I know, my training in "problem solving" has not been in vain, but that on ^{is still} deep unconscious levels The Cognitive UNCONSCIOUS FOCUSED.

[2004]

False assumption: People incarcerated deserve to be held in captivity due to some moral flaw in their character.

Reality is much too rich & complex to fit neatly into simplistic notions that group dissenters into a criminal class, and elevate conformists to elite positions of righteousness and high moral standards.

"Be the change you want to see in the world."

I would like to engage in serious dialogue about how to go about dismantling the apparatus that supports luxurious lifestyles for the few at the expense of the many.

The first place I will look when brainstorming for IDEAS to spur such dialogue I would be the prison system.

{ See Mumia Abu-Jamal & Danny Glover }
2012

UNINTERRUPTED AND UNREVISED FULL
CONFESSIONS ABOUT WHAT ACTUALLY HAPPENED
IN REAL LIFE.

Kerouac compared himself explicitly to a jazz musician.
I consider myself a beatnik bohemian. I want
to be left alone. I have no need of other
men. I know them and I know enough
about them.

Here is a list of essentials in Kerouac's
BELIEF & TECHNIQUE IN MODERN PROSE

1. Scribbled secret notebooks, and wild typewritten pages, for your own joy.
2. open, listening
3. Try not to get drunk outside your own house
4. Be in love with your life
6. Be crazy dumbfaint of the mind
10. No time for poetry but exactly what is
15. Telling the true story of the world in interior monolog
29. You're a Genius all the time

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ZEISING THE HERE & NOW

THE FOX WALK

The fox is a very confident, energetic walker with an almost cocky spring to its step. One step almost directly in front of the other. This gait is worth imitating.

To do the fox walk, hold your body upright instead of leaning forward. This way you can easily maintain balance and stop quickly at any time.

Face the horizon instead of looking down.

Let your feet become your eyes on the ground, and use splatter vision to take in the rest of the landscape. Take short, easy strides, feeling the ground with each step.

Lift and place each foot gently,
 one almost in front of the other.
 Instead of coming down heel first,
 come down on the outside of the foot
 and roll to the inside before committing
 your weight.

Lift the feet with the thighs rather than
 pushing off with the calves.

The fox walk is a little like prancing,
 and it has lots of benefits.

It is no accident that the fox walk is the
 walk most universally recommended by
 martial arts experts and practitioners of yoga.
 The fox walk is NATURAL. It is the
 way we were designed to walk.

Note: Do search for when ANNE ~~to~~
 requested some insight, accusing me of
 being stuck in a rut. I
 share I with her this FOX WALK.
 I may even name myself ~~FOX WALK~~ Walking Kata
 Sitenand still Mysterious Scribbles.

I bear witness to my life unfolding, and
witness my lifestyle: tobacco, smoking,
poetry, wilderness survival &
mentality, scholar, warrior,
singer, drummer... philosopher,
mathematician!

When I focus on social identity, is
this persona ego?

The way we walk... How raw, core,
essential. The city shuffle is DEVOLVED.
The fox walk is EVOLVED.
It is the way our aboriginal ancestors
walked for MILLIONS OF YEARS before
we came out of the forests onto
the sidewalks of the Machine Age
Industrialized World (MAIW).

Back in the woods you almost have
to walk like a fox to get through uneven
terrain. Will people think one
a freak were one to walk The
Original Way even on concrete?
Martial Arts, Yoga, Walking Kata

Kata Walking

Ø

Our feet must relearn how to see the ground, in order to liberate our eyes for splatter vision scanning. Walking Kata.

I do have a mission: to teach how to walk the original way. This I will do by example, as I do with other teachings, i.e., the water in Arizona Ice Tea containers.

Ø

We're disgruntled with non-violent tactics.
A Black & Bloc?

Ø

What actually happened in real life... it is what it is and we be what we be
uno dos tres one two and three

I'll respect you, but, please
ya gotta respect me

tee hee hee hee hee -

gosh golly gee
I just peed on a tree

2012.05.05

£63

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OUR OWN INNER URGINGS

I suppose that, living as I do on government relief funds and rental assistance, I do not have to live by the clock as much as those engaged in wage-slavery. Nor do I cater to schedules and worries as much as the drones of Machine Age do.

I cater to my own inner urgings. In other words, I follow my bliss as Joseph Campbell suggests we do.

Re-reading TBFGT Nature Observation makes me understand just why the text had such a huge impact on my development as a "young man." Right in the Introduction my attention is aroused:

"We often go to the woods burdened with so much anxiety and with senses so battered and dull that we can absorb only a fraction of the messages waiting for us beyond the asphalt and concrete."

Nature
Observation
ACTUALITY.

OUR OWN INNER WOUNDS

"Galaxies around us go, unchanged and unexplored because we have lost our feeling of connection with the earth."

"Yet that connection can be reestablished - in large part simply by awakening and nourishing our innate awareness."

"In a very basic way nature observation is the most important of the survival skills. A survivalist cannot build a fire without knowing where to find the necessary materials."

We have to listen to the voice of the spirit - that moves in all things. It sings the song of our ancient heritage, awakening memories of what it is to be truly alive.

There is no need to be concerned about the tyranny of public opinion, for each creature experiences the great riddle of being in isolation - it has to wrap its mind around reality ... to attempt to grasp it.]

Ø

Underground Voluntary Crossing Guard?

Ø

Now that I have a "musician" as a neighbor, I get a taste of my own medicine. When I try to read or listen to the news, all I hear is bump-bump-bump. How can I get upset? After all, I am a musical menace -

Ø

rain → la lluvia / joo bee ah/

An older Mexican man purchased me a whole quart of Natural Ice as I was walking to find a place to read, The Anthologist. I am reading the chapter about Ezra Pound — the "anti-Semitic" poet kept in an insane asylum (St Elizabeth's in D.C.). The gesture of buying me a beer really hit me. The older Chicano told Normann that I am his friend (amigo). Awesome,

Ø

I told my mother that I think the "game" is over.

Even though I feel that I may be on the verge of some kind of "breakdown", in reality I may be on the verge of a breakthrough.

The female police officer gave me a gift when she encouraged me to stay calm and "positive". Was she subconsciously letting me know that the local Boro police may actually have mixed feelings about me?

Could these officers actually be witnessing that I am a decent man who truly does have great compassion for all the downtrodden souls in our local downtown section of this zoo?

I will try not to become too anxious or worried about court on 5/22.

Ø

At 10:30 PM I am sleepy. I don't even want to finish drinking the state beer. Imagine that! I actually feel great relief to be able to HIDE from the world like a snake or hedgehog in a hole. Should anyone knock on my window, I can just stay under the afghan. I feel a little sorrow and compassion for both my parents. Our lives have been PAINFUL.

I received "IrvLetter #3" from Irv Thomas, now 85. In it he mentions his principle of "Establishment Avoidance."

Why do we subject ourselves to "Authority"?
- any kind of authority?

Why do we "take on" the outlook of anyone we find reason enough to respect as "an authority"? Their truth becomes our truth until I (or unless) we reject it CONSCIOUSLY.

I have been questioning authority for most of my life. Irv Thomas points to his favorite source: Steve Beckow. (Rother?)

He asks, "Dear ones, have you dared to focus your entire life on that heart energy rather than on what you think you are supposed to be doing?"

I can honestly say that I have been focused on my HEART & ENERGY. I have no goals of finding gainful employment. I have no intentions of adapting myself to idiotic norms. Still, I sense the people of my hometown may validate me.

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Ø
~~Mostly~~ These days I utilize my website mostly for my own research. I don't really need an audience, although I just may be WINNING HEARTS & MINDS.

This afternoon, during a second visit to the public library, I printed the first 2 pages of my ANTHROPOLOGICAL ESSAY on masturbation titled "Warming the Heart".

Wilhelm Reich, in The Mass Psychology of Fascism (1933), wrote:

"Mysticism is nothing other than unconscious longing for orgasm. Clinical experience shows incontrovertibly that religious sentiments result from inhibited sexuality, that the source of mystical excitation is to be sought in inhibited sexual excitation."

I go on to write: Self-sacrifice is an integral part of most major organized religions. Orthodox religions deliberately instill guilt and shame in their adherents, and then

perform rituals designed to soothe the pangs of
damnation. Dr. Albert Ellis believed that
if emotional health depends on acceptance of
ambiguity and uncertainty, then religiosity may
be the UNHEALTHIEST state imaginable.

What are my own "inner urgings"?

Sitting under a tree reading a novel?

Hiding in a corner exploring my sexuality,
arousing my animal body, shamelessly bringing the
body to orgasm? Pan handling for a drink?

Imagination

The riddle of existence, being and non-being
is insoluble and ~~insolvent~~
insoluble.

insoluble 1. incapable of being dissolved
* 2. incapable of being solved or explained
M.E. → insoluble & M.F. → insoluble
L → insolubil (is)

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In this Machine Age Industrial Complex Hive
Whatever we call "civilization," i.e.,
The Taker Prison; The I.W. Dark City Science-
Fiction Stack Heap of Schools, Prisons, Malls,
Gated-Communities, Insane ^{asylums} ASYLUMS, and
Churches,

when

Σ
Σ
Σ
we face nuclear meltdown, exposure to
radiation, the collapse of civilization and
social security, species extinction, and
the general misery of living in this
industrialized machine world
Σ,

it may seem superficial on my part to
focus on the legitimacy ^{asylums} of
autoeroticism as a healthy expression
of one's "sexuality."

The truth, from my perspective, is quite
the opposite.

I think that challenging the puritanical notions of morality pertaining to masturbation can be a powerful & primitive weapon that can be used to attack the core emotional plagues that is most visible in the orthodox religious communities which poison our minds with ~~its~~ their extremely emotionally-unhealthy views concerning the nature of our & very own ~~animal~~ bodies. INNER URGINGS, our passions, the language of our very own animal bodies. I want to clarify my calculated use of "our own".

Nature belongs to itself. We are part of the Natural World. We belong to ourselves.

footnote:
quote

Coercion consists in not being held to be someone who belongs to society, but as someone who is included within society.

"It is not for nothing that governments, when an emblem of their void wanders about - generally, an inconsistent, or rioting crowd - prohibit "gatherings of more than three people," which is to say, they explicitly declare their non-tolerance of the one of such 'parts,' thus proclaiming that the function of the State is to number inclusions such that consistent belongings be preserved.

"The void is reduced to the non-representation of the proletariat, thus, unrepresentability is reduced to a modality of nonrepresentation; the separate count of parts is reduced to the non-universality of bourgeois interests, to the presentative split between normality and singularity. Politics can be defined as an assault against the State. The State is precisely non-political." Alain Badiou

To think is to learn to see in a new way.

\emptyset implies $\{\}$

BLACKOUT

The singleton of the void is written here as $\{\emptyset\}$.

The name of the void is written here as \emptyset , meaning the empty set, $\{\}$, NULL.

$\{\emptyset\}$ is the formation-into-one of the name of the void. Its sole element is \emptyset .

What would the parts of the power set of $p(\emptyset)$ be?

There is $\{\emptyset\}$ itself; there is also \emptyset because the void is 'universally included' in every multiple. \emptyset is part of every set. The multiple $p(\emptyset)$ has two elements, \emptyset and $\{\emptyset\}$.

Here, woven from nothing apart from the void, we have the ontological schema of the Two, which can be written $\{\emptyset, \{\emptyset\}\}$.

The element \emptyset is part of the Two.

The element $\{\emptyset\}$ is also part since \emptyset is an element of the Two (it belongs to it).

The two elements of the two are also two parts of the two. The mathematical concept of transitivity is therefore possible.
Transitivity tells us, "everything which belongs is included."

(Q) The inverse is impossible. \leq or

~~It is not~~

It is not possible for everything which is included to belong.

Not only is the Two a transitive set, but its elements, \emptyset and $\{\emptyset\}$ are also transitive.

$\{\{\emptyset\}, \emptyset\}$

Nothing inside \emptyset is not, "a part"
 since of the void is no thing, the empty
 set, null. This is the backbone of
 ontology - the very concept of Nature:
 Nature belongs to itself.

That's my story and I'm sticking to it.
 I belong to myself. It's settled.

\emptyset
 NEXT: The second half of "Warming the Heart"
~~the~~ focuses on the work of Albert
 Ellis and Thomas Szasz. I may
 be able to take notes on it while
 walking if the rain does not fall. I may
 have to use desks at library as
 the notes are extensive enough to end this
 chapter.

In the spirit of focusing my attention, I will
 reap the benefits of autoerotic theory
 personally by exploring my animal body
 sexually... My intention? ORGASM?
 Yes; but, extended ORGASM.

Continued from page 128.

Albert Ellis, currently associated with Rational Emotive Behavior Therapy, was one of the first prominent psychologists to point out that MASTURBATION is not harmful, not shameful, and that it is actually beneficial to most people.

Ellis was among one of the first psychologists to challenge the Freudian notion that clitoral orgasm in women was an inferior experience than the so-called vaginal orgasm.

The advantages of AUTOEROTICISM can be divided into four groups:

1. SEXUAL
2. EMOTIONAL
3. HEALTHFUL
4. RELATIONSHIP

1. SEXUAL ADVANTAGES

Ellis claims that people can often achieve BETTER SEX through resorting to autoerotic practices, than they would achieve, if they only resorted to interpersonal sexual contacts. People can explore various kinds of self-stimulation and discover which ones are most satisfying for themselves. They can manage to repeat enjoyable arousal and orgasm almost at will, without any restrictions from a sex partner.

They can thereby participate in sex more frequently than they are likely to do with other individuals.

Especially if they are females, masturbators may experience more intense and more satisfying arousal and orgasm than is likely with a partner.

[Even as a male]
(I have experienced this first hand)

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SEXUAL ADVANTAGES
Males can engage in longer periods of arousal and near-orgasm than they would with partners; hence, they may be able to develop the ability to prolong the duration of their orgasms. For shy individuals with inhibitions about having sex with partners, masturbation may allow them to have a very active sex life despite their inhibitions.

2. EMOTIONAL ADVANTAGES

Dr. Ellis also lists emotional advantages of masturbation. People can use masturbation to gain confidence in their own ability to arouse themselves and bring themselves to orgasm. When people's lives are filled with few enjoyments and many frustrations, masturbation serves as a frequent pleasure and distraction.

It may enliven their lives and make them feel much happier and less depressed.

People can use masturbation as a form of self-exploration, to discover exactly what they like or do not like sexually.

3. HEALTHFUL ADVANTAGES

A few of the healthy related advantages listed include the fact that undesirable pregnancy and abortion are avoided, the possibility of acquiring Venereal diseases is minimized, and masturbation often leads to relaxed sleeping conditions that aid people's physical health.

4. RELATIONSHIP ADVANTAGES

Even though masturbation is a solitary pursuit, there are, paradoxically, ^{open} relationship advantages to masturbation. Both partners attain a large degree of freedom and self-satisfaction, which, in turn, helps them tolerate the restrictions of a relationship and thereby have a more loving relationship.

The beast we ^{*}inherited from our animal ancestors is alive, albeit often beyond the threshold of the conscious mind, beneath the skin, outside the boundaries of our self-image.

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Embracing masturbation as an act of warming
the heart keeps our sexuality out of
the shadows. The enthusiastic
enjoyment of this very accessible pleasure
need not be demonized.

Masturbation is a form of behavior universal
to mankind (and other apes as well).

Note: It is vital that we, as a species,
acknowledge that we are 100% ape.

Thomas Szasz does not think that the diagnosis
~~of~~ that masturbation is a disease was a
medical mistake. Nocturnal emissions were
turned into SYMPTOMS of spermatorrea.
Today youthful male rambluniousness is
turned into the disease of attention
deficit disorder. One hundred years
ago, there was a lot of money treating
masturbation-as-disease with a
spike-lined ring around the penis.
Today, I diagnosing attention deficit
disorder and prescribing Ritalin - which

is merely a form of synthetic cocaine,
is Big Business.

Is it just a coincidence that the "diseases"
being "treated" involve pleasure deprivation?

After all, while playfulness may not be
appropriate in certain social
settings, it can hardly be considered an
authentic disease any more than masturbation
can.

In "Ideas on Liberty," Dr. Szasz
claims that arrogance, not ERROR,
is to blame:

"Belief in masturbatory insanity and its
treatment with castration and clitoridectomy
was not an innocent error. This belief -
like beliefs in other popular delusions -
enhanced the identity and self-concept of
the believers. Ostensibly*, such beliefs
assert facts; actually they are credential
beliefs."

* Ostensibly \Rightarrow "demonstratively"

"None of psychiatry's classic mistakes - from masturbatory insanity and its cures, to the attribution of the cause of schizophrenia to reverberating circuits in the frontal lobes and its cure with lobotomy (rewarded with a Nobel Prize in Medicine) - are "innocent" errors. Invariably, the false belief and the medical interventions it appears to justify serves the needs of the believers, i.e., suckers, gots, and dupes, especially the relatives of "patients" who seek control over the misbehavior of their so-called "loved-ones," and the physicians who gain prestige and power (authority, that is; NOT NATURAL POWER) by diagnosing misbehavior as if it were a disease.

We fool ourselves if we believe that psychiatry's current popular delusions - such as the chemical causes ~~of~~ and

cures of depression, schizophrenia, suicide, and so forth - do not fit the same mold."

I, for one, regardless of what FASCISTS (with their unreflective intelligence) say, have been paying attention.

Ø
Surely the Cognitive Unconscious is aware of what it does, even if I am not consciously aware of it. The dynamics of my "Mysterious Scribblings" has changed. It is as though my website and my private notes are about to be "on the same page."

I added 3 quotes to the Heart Thread: Cioran (short), Schopenhauer (fairly short), and Wilhelm Reich (long). While listening to evening news & Occupy Radio, I on WBAI, I (6PM - 7PM), I will eat/drink chicken soup/broth and transcribe vital excerpts from what I printed of said post.

Ø

["The flesh is incompatible with charity :
orgasm transforms the saint into a wolf." ~ Cioran]

Schopenhauer :

"Where is the thing-in-itself most clearly
comprehended ?"

"In the will."

"Where is the will most clearly experienced?"

"The most intimate knowledge of that ~~inner~~
inner essence of the world, the thing-
in-itself, the will-to-live, is in the
ecstasy of copulation. The orgasm is
the true essence and core of all
things. Copulation is the ~~the~~ goal and
purpose of all existence."

Now, what I write from Wilhelm Reich
will not be word for word. I will
attempt to put his revelations in my own
words, or I may just take bits & pieces.

Man became plasmatically rigid in the process of killing his genital function. He armoured himself against the natural and spontaneous in himself and lost contact with the function of biological self-regulation. Now he is filled with mortal fear of the living and the free.

This biological rigidity is essentially manifested in a general stiffening of the organism and in a demonstrable reduction of plasmatic mobility. Intelligence is impaired; the natural social sense is blocked; psychosis is rampant.

So-called civilized man actually did become angular and mechanical, and he lost his spontaneity, i.e., he developed into an automaton and 'brain machine'. He lives, loves, hates, and thinks more and more mechanically.

This culminated in the outbreak of the dictatorship plague: a hierarchical view of the state, a mechanical administration

WILHELM REICH:
of society, fear of responsibility, an intense longing for a Führer and craving for authority, insistence on commands, mechanistic thinking in natural science, mechanical killing in war.

It is no coincidence that the Platonic idea of the state was born in the Greek slave society. Nor is it a coincidence that it has continued to exist into the present day: serfdom was replaced by inner slavery.

The question of the fascist plague has led us deeply into man's biologic organization. It relates to a development that goes back thousands of years, and not, as ~~though~~ those who view society in purely economic terms believed, to the imperialistic interests of the past two hundred years or, even past twenty years.

The purely economic view of life, as much as it may have been of service, is totally

unsuited to cope with the convulsive processes of our life.

The biblical legend of the creation of man as an image of God, of his dominion over the animals, clearly reflects the repressive action man carried out against his animal nature. But he is reminded of his true nature every day by his body functions, procreation, birth and death, sexual urge and dependency upon nature.

To disassociate himself from the animal kingdom, the human animal denied and finally ceased to perceive the sensations of his organs; in the process he became biologically rigid.

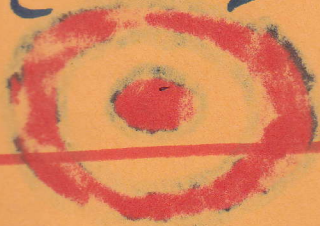
This is the case, notwithstanding the fact that pleasure, fear, anger, yearning, etc., take place in the belly. This is the case, notwithstanding the fact that the experience of oneself is nothing but the total experience of one's organs.

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By losing the sensation of his organs, man lost not only the intelligence of the animal and the ability to act naturally, but he ruined his own chances of overcoming his life problems. He replaced the natural self-regulatory intelligence of the body planning by a goblin in the brain, which he invested with both metaphysical and mechanical characteristics in a way that was metaphysical in every respect. Man's body sensations did indeed become rigid and mechanical.

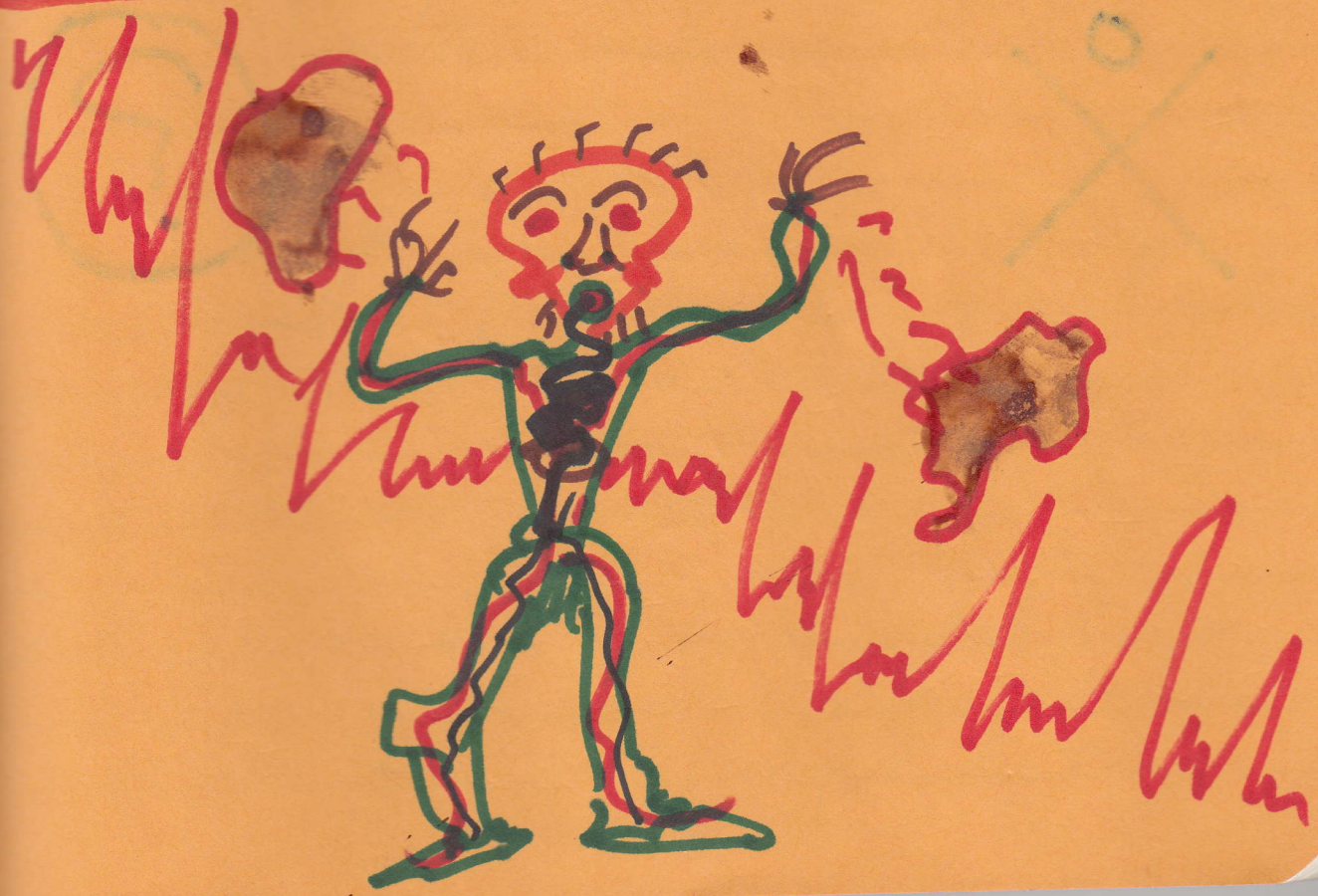
Not until man acknowledges that he is fundamentally an animal, will he be able to create a genuine culture.

note: Since I have once again become engrossed in my own research, reaping the rewards of applying theories in daily life, I will not race through The Anthropologist. I will renew it tomorrow when I correct some typos in WARMING THE HEART. I will continue going over my notes from this past year (currently going through AUTUMN 2011)

{ 7 }



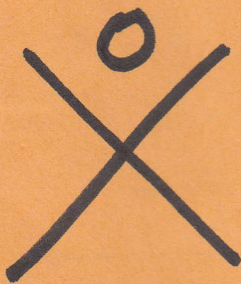
THE TOTAL EXPERIENCE OF ONE'S ORGANS





THE TOTAL
EXPERIENCE
OF ONE'S ORGANS

SELF = ORGANS



THE TOTAL EXPERIENCE OF ONE'S ORGANS

10 May 2012 Thursday

The experience of oneself is nothing but the total experience of one's organs.

Organizing around need.

For someone who is hungry, freedom is food. For someone who is homeless, shelter is freedom.

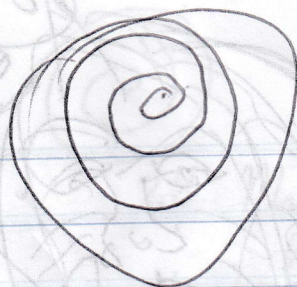
Ø

Going through notes from Autumn 2011, I find something. Frantz Fanon wrote in the introduction to Black Skin, White Masks:

Q: "Why write this book?"

A: "Well, there are too many idiots in this world. And having said this, I have the burden of proving it."

pas



The Inner APE





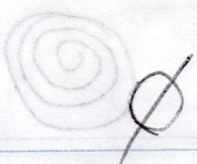
30 May 2012 Wednesday

It is becoming more and more evident that my circle of "friends" in Downtown Freehold is not only incapable of understanding me, but a few are even openly hostile to the force of my intelligence.

In other words, once again I find my circle of friends to be mostly cruel and vulgar. I would suspect that the local community is divided in how they perceive me. I am still amazed at how writing my "feelings" and "ideas", every first thing in the morning, helps to alleviate distress, anxiety, and worry.

Contemplation is the key to individual survival - as I am living in the moment. I really am like a protagonist in a Dostoevsky novel! This is my life. I am a "former student" dressed in rags dealing with inner conflicts in existing in a world so full of LIES.

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I want to grasp reality. These beautiful women I pine over and lust after witness my impoverishment. What woman would choose me as a partner knowing I am a shameless deadbeat?

Besides, women require too much MAINTENANCE, i.e., creams of all sorts, make-up, lots of shoes & clothes, automobiles, clean sleeping chambers, etc.

Most demand access to cable television and airconditioning, and I am not willing to sell myself into slavery trying to satisfy her "requirements".

Now that this is clear to me, I can still engage in coitus, but 'domestication' of ME is ~~not~~ not likely or desirable. I will not give up. Maybe there is a real woman who will take me by the hand... That is the hero's journey, after all. It's OK to WISH, especially for a woman to lay her head on my chest...

I really am inspired and relieved to be reading George Carlin. He is kind of my cult hero. I especially like the way he scorns, ridicules, and mocks machismo: macho assholes driving pick-up trucks.

Before returning the book, When Will Jesus Bring The Pork Chops?, I want to jot down several phrases and insights from the original diabolical comedian.

"diaper-sniffing Christian baby-mongers"

"If this society wants me to conserve energy, it had better get some of these child-worshipping religious fanatics to stop having 5 babies."

"All the problems of the world can be traced to what fathers do to their sons. So, little boys learn to hide their feelings, and society likes that because, when they get to be eighteen, they'll be able to go overseas and kill strangers without feeling anything. The poor fucks. The poor stupid fucks."

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"There are five deadly male subcultures and they all overlap: the car and machinery culture, the police and military culture, the outdoors and gun culture, the sports and competition culture, and the drug and alcohol culture. And, as a bonus, ~~the~~ I'm gonna throw in one more: the 'Let's go get some pussy and beat the shit out of queers' culture. They all overlap. Many men belong to all six."

"Women are the source of all ~~life~~ human life. The first human being came from the belly of a female. And all human fetuses began as females. The yolk itself is basically female until hormones act on it to make it structurally male."

"So, in reality, all men are modified females. Where do you think those nipples came from, guys?"

If one's self is just an hallucination, then
 our projections of the Other is also an
 illusion. How do we get to the real?
 In the end, we stand alone.

Who is it that is standing here alone? An
 illusion? Are we more non-human forces,
 flows, desires, moods, impulses, etc than we are
 concrete individual personas?

Maybe we, as forces of life, are justified in
 resenting being explained in any way out.

Extending thought to the point of madness and
 action to the point of revolution, our is
 indeed a politics of experience. The experience
 is no longer that of man (or woman), but
 of what is non-human in man, his/her
 desires and his/her forces: a politics of
 desire directed against all that is egoic
 in man.

We urge mankind to strip itself of all
 anthropological and anthropomorphic armoring,

all myth and tragedy, and all existentialism,
in order to perceive what is non-human
in many, his/her will and his/her forces,
his/her transformations and mutations.

Our current forms of knowledge seem to project
an image of reality at the expense of
reality itself.

I asked, "Is this what Shino and Dorinda are
trying to force us to face - that we will
never know or experience reality as long as
we impose our own projections?"

* Our current forms of knowledge blind us to
other realities, and especially the reality
of power as it subjugates us.
Their function is, to tame, and the
result is the fabrication of docile and obedient
subjects.

To be anti-ego is to be anti-man, willfully
attacking all reductive psychoanalytical
and political analyses that remain caught

within the sphere of totality and unity, in order to free the multiplicity of desire from the deadly neurotic yoke.

Depression does not just show up one day. Depression is an agency of the state before being delegated to the family, church, school, nation, or party. Neurosis is the result of power on individuals.

For "antioedipalists," the ego is "part of those things we must dismantle through a united assault of analytical and political forces."

Oedipus is belief injected into the unconscious which gives us faith as it robs us of power. It is what teaches us desire for our own repression.

Everyone has been oedipalized (neuroticized) at home, at school, at work, in jails and asylums.

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How might a living animal body ward
off the deadly effects of power
on Being?

How might a living animal Being
nurture a bulwark against the
stupidity and arrogance of those who
assume to CONTROL us?

* We reverse the distinction between neurosis and
psychosis that measures everything against
so-called ~~neurotics~~ NORMAL neurotics.
Instead, we witness the upholder of the
status-quo deferring to the dominant society
as neurotic & - one on whom the
Oedipal imprints take hold, rendering the
individual more subdued; we witness the
psychotic as one incapable of being
oedipalized, even and especially by
psychoanalysis.

Hence, ~~by reversing~~ having reversed the
Freudian distinction between neurosis and ~~psy~~
psychosis, I suggest that the first

task of the revolutionary is to learn from the psychotic how to shake off the Oedipal yoke, and the effects of power, in order to create a radical politics of desire freed from all beliefs.

A schizoanalysis would schizophrenize in order to break the holds of power. Egoless is the experience of all mankind, and an even further journey into the beings of animals, vegetables, and even minerals.

Depressed populations are easily repressed and made docile. If desire is repressed, it is because every desire, no matter how small, is capable of calling into question the established order of a society; Desire is EXPLOSIVE.

There is no desiring-machine capable of being assembled without demolishing entire social sectors.

(Deleuze & Guattari 1977)

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Ø
The exact quote from George Carlin I
attached to Women's Roll Call:

"Here's all you have to know about men
and women: women are crazy,
men are stupid. And the main reason
that women are crazy is that men
are stupid."

I've been told by too many people to count
that I remind them of George Carlin.
This makes me even more determined
to make him my cult hero and
spiritual teacher! Not kidding. Dead
serious here.

Maybe I'll put an idea in BRAINSTORMS.

Ø
Other notes from my website I want to go
over are from "Mexican Masks Unmasked"
and "Violence".